

Connecting Our Children to Local Foods

Montana's Farm to School Programs

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Today's Webinar Speakers



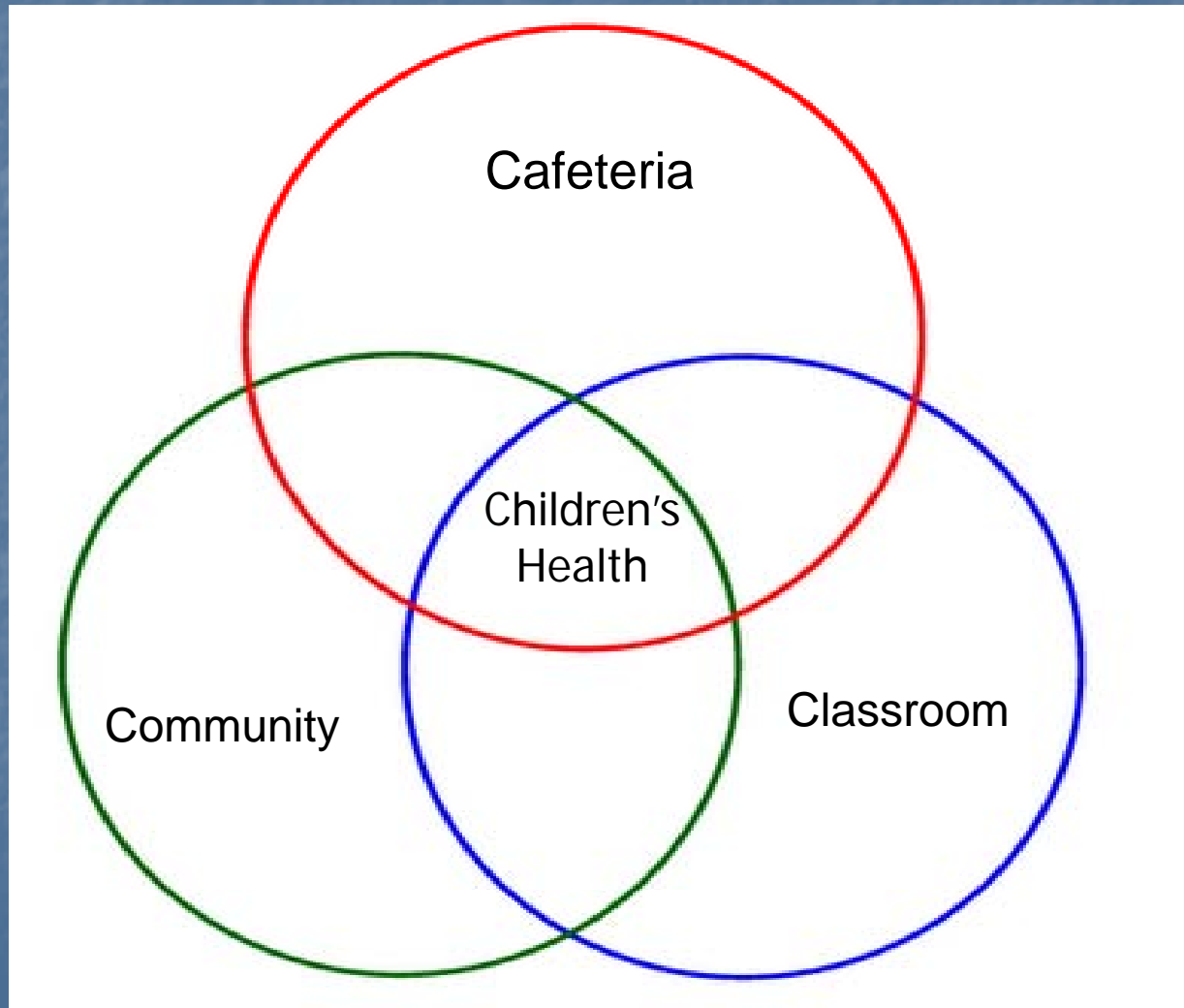
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<http://www.opi.mt.gov/schoolfood/FTS.html>

What is Farm to School?



What Do We Know About Children's Wellbeing?

Obesity Rates:

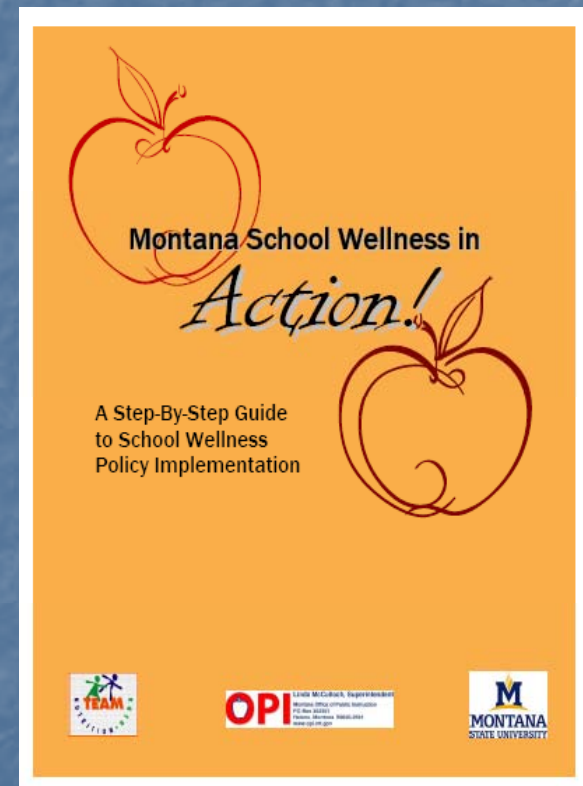
- Children Ages 6-11
 - 6.5% in 1980
 - 17.0% in 2006

- Adolescents Ages 12 – 18
 - 5% in 1980
 - 17.6% in 2006



The Time is Right for Farm to School Programs School Wellness Policies

- Increased awareness and commitment to nutrition and student wellbeing



<http://www.opi.mt.gov/schoolfood/wellness.html>

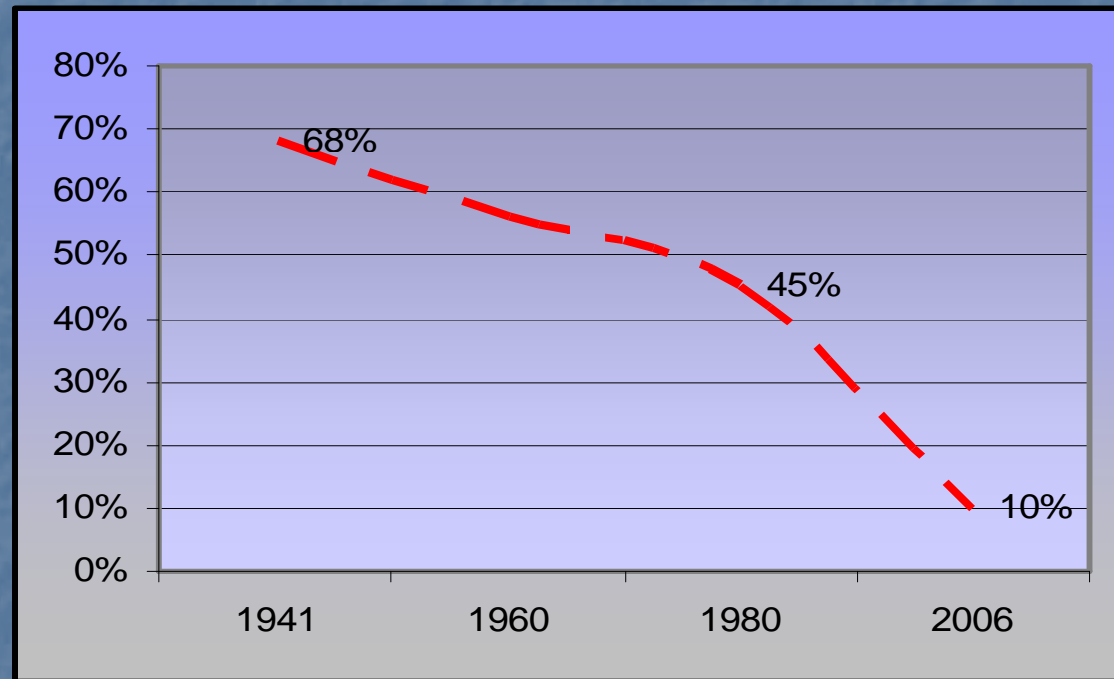
Why “Local” Matters

- Access to healthy foods
- Viability of small farms
- Enhance local economies
- Correlation exists: Caring about where your food comes from and healthy eating



Where is Our Food Coming From?

- 1900-1950's:
70% of what
Montanans
ate was
produced in
the state
- Today: Only
10% of
Montanans
foods are
produced in
the state.



Graph courtesy of Grow Montana Coalition

K-12 Food Market

An Opportunity for Local Producers

- 148,000 students served
- Approximately \$25 million spent on non-commodity foods by school districts in 2008 (commodity foods account for \$3.5 million).
- \$28 million in federal reimbursements



K-12 Food Market: An Opportunity for Local Producers

- K-12 schools are the largest component of food expenditures among Montana public institutions
- K-12 schools represent the greatest long-term potential for growth in the use of Montana-produced food

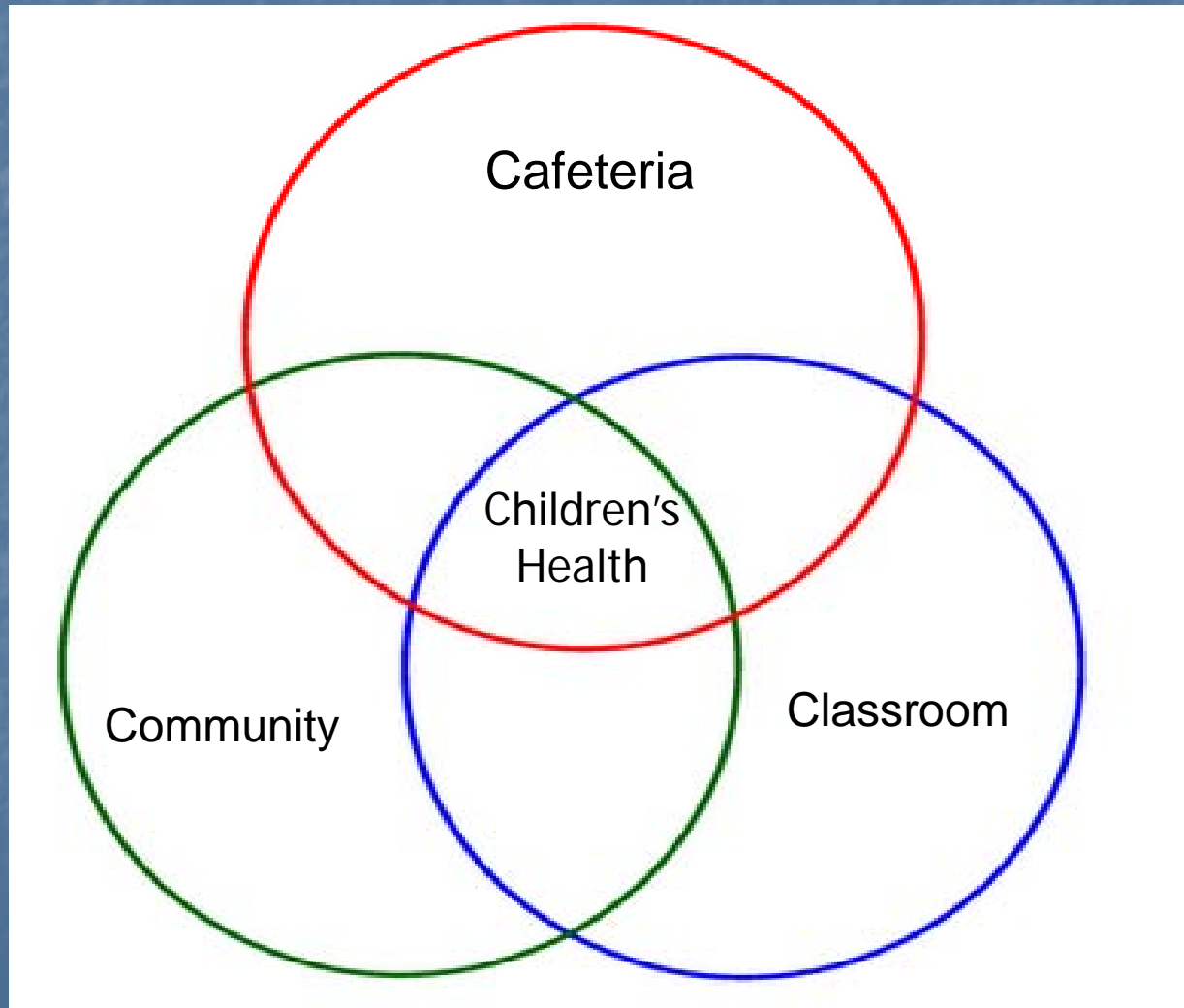


Unlocking the Food-Buying Potential of Montana's Public Institutions.
Grow Montana. 2006

<http://www.growmontana.ncat.org/>

Farm to School

Cafeteria, Classroom, Community



Cafeteria

Locally produced
food incorporated
into school food
service
meals/snacks



Finding Local Products

- Search Existing Online Product/Producer Lists

- Find Lists at:

- <http://www.opi.mt.gov/schoolfood/FTS.html>

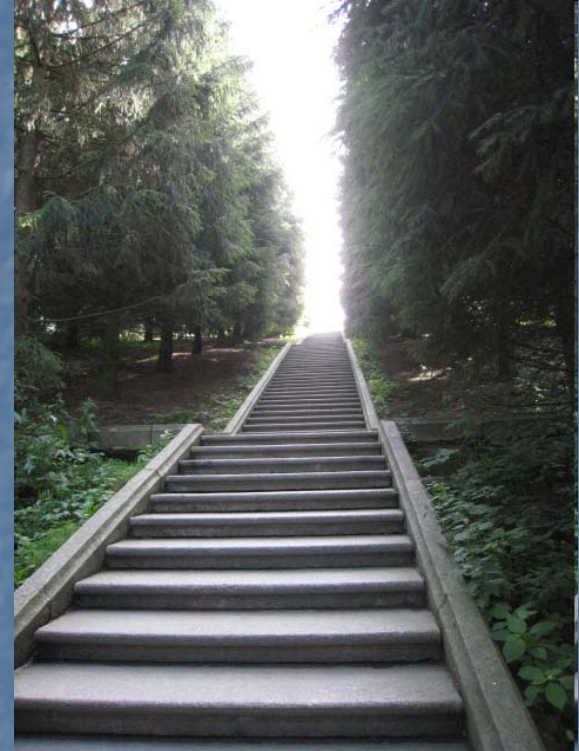
- Get *Montana Product Lists* from current food distributor.



Suggestion...

One Step at a Time

Consider one or two products to start with.
Can you start buying those one or two products from local sources?



Carrots or Carrot Coins?

Processing Needs When Purchasing
Local Foods

Case Study: Missoula Public Schools



Ensuring Food Safety

- STEP 1: Work with your county sanitarian from the start.
- STEP 2: Go through a series of basic food safety questions with your food supplier/farmer.

Do an online search:

"A Checklist for Purchasing Local Produce"



More on Food Safety

- Good Agricultural Practices Project (GAPS)

From Cornell University

<http://www.gaps.cornell.edu/>



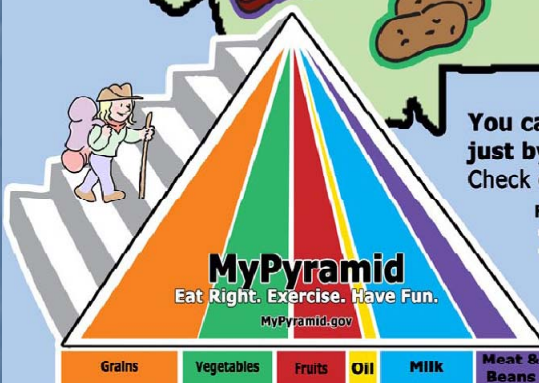
- Food Safety Begins on the Farm
- Sample Record Keeping Sheets
- FSI (Food Safety Investigation) - extends food safety education to high school classroom...

Marketing Your “Made in Montana” Items



MmmMmm Montana

Try some of the delicious food that
is grown right here in Montana!



You can follow USDA's MyPyramid
just by eating what Montana grows!
Check out the chart below.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes of activity every day.
- Montana offers all kinds of activities to get you moving - skiing, hiking, running, fishing, kayaking, and lots more!



Grains

At least half should be whole

Barley
Bread
Flax
Kamut
Oats
Wheat

Vegetables

Vary your veggies

Asparagus Herbs Peppers
Broccoli Kale Potatoes
Carrots Lettuce Spinach
Corn Mushrooms Sprouts
Cucumbers Onions Squash
Garlic Parsley

Fruits

Focus on fruits

Apples Pears
Cantaloupe Pumpkins
Cherries Raspberries
Chokecherries Strawberries
Huckleberries Tomatoes
Peaches

Milk

Get calcium-rich foods

Cheese
Goat Cheese
Ice Cream
Milk
Yogurt

Meat & Beans

Go lean with protein

Antelope Eggs Garbanzo
Beef Fish Beans
Bison Goat Lentils
Chicken Lamb Peas
Deer Pork Pinto
Duck Turkey Beans

For a 9-11 year-old child, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups daily

Eat 6 oz. every day

In Moderation

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as canola and safflower oils. Added sugars, including beet sugar and honey, are also not a food group but can be enjoyed in moderation.



The Montana Department of Agriculture developed this project
in cooperation with the Montana Team Nutrition Program, Montana State University, 2009.



www.opi.mt.gov/schoolfood/index.html

Finding Time to Implement a Farm to School Program

Success Story:

FoodCorp



Farm to Cafeteria Connections:

A Communications
Hub for All Things
Farm to School



<http://www.growmontana.ncat.org/>

Kevin Moore: kevinmoore777@gmail.com

Beyond the Cafeteria

Local Foods in Other Venues at School

- Fundraising
- Student Stores
- Classroom parties
- Club/activity events



From Farms to Schools

A New School Fundraising Concept

From Farms to Schools

~ Fundraiser ~





Pilot Project Results

- 2 schools sold \$18,000 of Montana food products
- All the money stayed in Montana
- 40% to schools, 60% to producers
- Healthy fundraising items



Future of Farm to School Fundraiser



- Gallatin County – Expanded to seven schools for 2009.
- Pilot Materials and final report on OPI School Nutrition Program Website (Farm to School section)

<http://www.opi.mt.gov/schoolfood/FTS.html>



Farm to School ...in the classroom

- Nutrition education
- Agriculture education
- Food preparation experiences
- School garden
- Field trips

School Gardens



Hoophouses Extend Growing Season



School Gardens

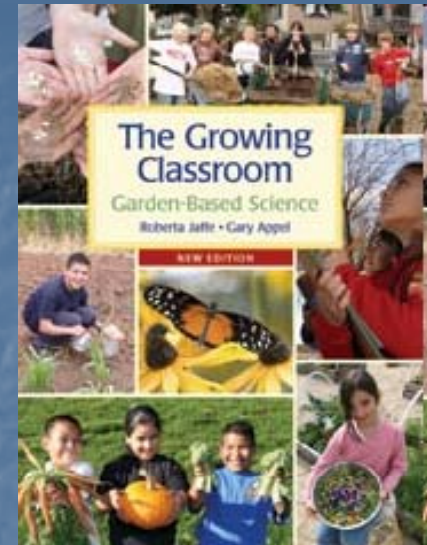


Plant a pizza garden!

Resource

The Growing Classroom: Garden Based Science

<http://www.gardeningwithkids.org/>



Resource

Gardens for Learning

(California School Garden Network)

<http://www.csgn.org>



Farm Field Trips

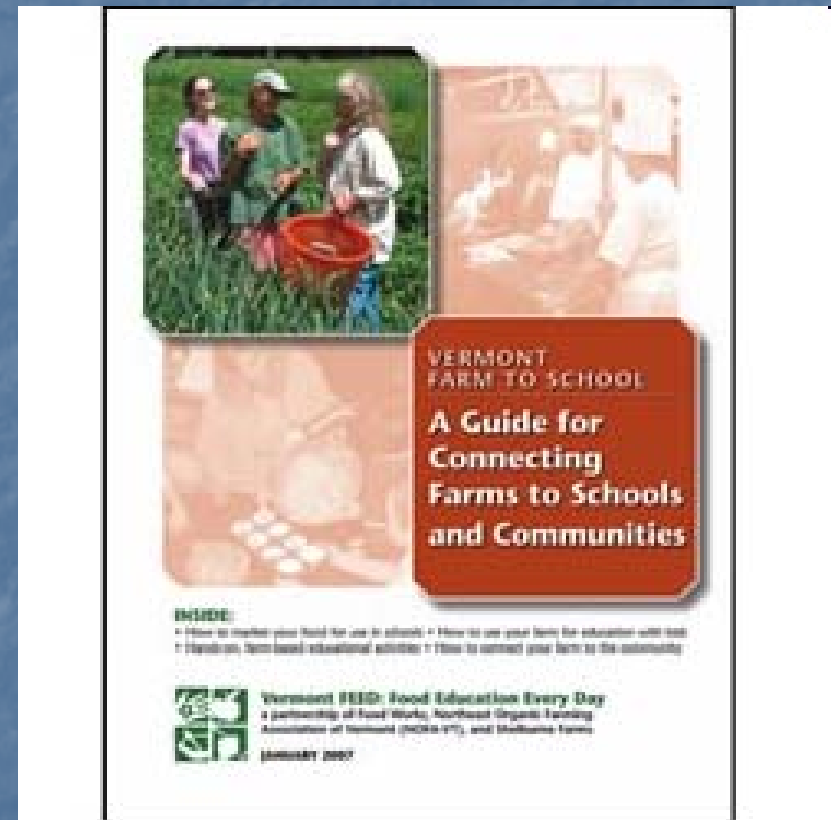
Another Curriculum Aspect of Farm to School

- Community Connections
 - Children connect to Farmers
 - Farmers connect to Schools
 - Community citizens/leaders acknowledge importance of local food production, wellbeing of community



Farm Visit Resource

- VERMONT FEED
 - A Guide for Connecting Farms to Schools and Communities



<http://www.vtfeed.org/>

Does Farm to School Make a Difference?

■ Nutrition and Health



- Improved eating behaviors
- Improved knowledge on food and nutrition
- Increased interest in “trying” new fruits and veggies

Joshi, A et al., J Hunger and Env Nutr, 2008; vol 3.

Garden Programs Improve Children's Eating Habits

Students Participating in Garden Project, enjoy:

- Taste-testing fruits and veggies
- Preparing fruits and veggies
- Working in garden
- Learning about fruits and veggies

Results:

- Increase in the number of fruits and vegetable ever eaten
- Increase in fruit and veggie asking behavior at home!



Heim, S. et al., JADA, 2009; 109: 1220-1226.

Does Farm to School Make a Difference?

- Local Economies:
 - **March 18, 2009 Report**
 - Economic Impact Analysis of Investing School Food Dollars in the Local Food Economy
 - Two large school districts in Oregon
 - **Results**
 - Money was kept in state
 - For every food dollar spent, an additional 87 cents was spent in Oregon – creating a multiplier of 1.87 for farm to school spending



http://www.ecotrust.org/press/f2s_investment_20090318.html

Important Resources...

National Farm to School Organization

<http://www.farmtoschool.org/>



Farm to School: Right for So Many Reasons



"Teach children about food – where it comes from, what it is, and how to cook it – and they will have a much healthier attitude about food and eating. They will know what real food tastes like, will refuse to settle for less, and will stop demanding junk food as daily fare."

- Marian Nestle, *What to Eat*

Questions?



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